



1 IN 4 women will experience domestic violence during her lifetime

Watch for Warning Signs

- **ISOLATION:** Prevents or monitors the other partner's communication with friends and family
- **CONTROL:** Controls financial resources and hides important documentation (like driver's licenses and passports)
- **BELITTLING:** Embarrasses the other partner, in private or in front of others
- **CRITICISM:** Critical and controlling over the their partner's appearance and behavior
- **THREATS:** Threatens to take away or hurt children and/or pets
- **MANIPULATION:** Uses deceit and coercion to get the other partner to do what he wants
- **GUILT:** Makes the other partner feel like they deserve to be treated poorly
- **BLAME:** Blames others for their problems and does not take personal responsibility

GET HELP

For immediate assistance, call
**THE NATIONAL DOMESTIC
VIOLENCE HOTLINE:
1-800-799-SAFE or
TTY 1-800-787-3224.**

Hotline advocates are available 24 hours a day, 7 days a week, and 365 days a year to provide confidential crisis intervention, safety planning, information and referrals to agencies in all 50 states, Puerto Rico and the U.S. Virgin Islands.

THE LIVE YOUR DREAM AWARDS: HELPING SURVIVORS START A NEW CHAPTER

The Soroptimist *Live Your Dream: Education and Training Awards for Women* program provides cash grants to head-of-household women who are working to better their lives through schooling and skills-training. Each year, the program awards more than \$1.7 million to over 1,300 women, many of whom have overcome enormous obstacles such as domestic violence. Recipients may use the cash award to offset any costs associated with their efforts to attain higher education, such as books, childcare, tuition and transportation. Learn more about the *Live Your Dream Awards*, including eligibility requirements and the application process, visit: <http://bit.ly/LYDApply>



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